

### First Day Interview

<b>How is your name spelled?</b>	
<b>How many brothers do you have?</b>	
<b>How many sisters do you have?</b>	
<b>What do you like about your brothers or sisters?</b>	
<b>What do you dislike about your brothers or sisters?</b>	
<b>What is your favorite subject in school?</b>	
<b>What is your least favorite subject in school?</b>	
<b>Who is your best friend?</b>	
<b>What is your favorite food?</b>	
<b>What is your favorite color?</b>	
<b>What is your favorite movie?</b>	
<b>What is your favorite TV show?</b>	

Make two copies, one for you and one for your mentee to fill out.

## **This is ME**

Today I feel \_\_\_\_\_

When I graduate from school I want to \_\_\_\_\_

I get angry when \_\_\_\_\_

My idea of a good time is \_\_\_\_\_

I wish my parents knew \_\_\_\_\_

School is \_\_\_\_\_

I feel bad when \_\_\_\_\_

I wish teachers \_\_\_\_\_

On weekends, I \_\_\_\_\_

I hope I'll never \_\_\_\_\_

I am at my best when \_\_\_\_\_

I feel proud when \_\_\_\_\_

I like to read when \_\_\_\_\_

When I take my report card home \_\_\_\_\_

I sometimes worry that \_\_\_\_\_

People think I \_\_\_\_\_

I wish I could \_\_\_\_\_

If I could go anywhere it would be \_\_\_\_\_

If I could be anything it would be \_\_\_\_\_

I Like...		<b>You Like...</b>	
Camping		Camping	
Puzzles		Puzzles	
Drawing		Drawing	
Coloring		Coloring	
Finger Painting		Finger Painting	
Flying Kites		Flying Kites	
Movies		Movies	
Jumping Rope		Jumping Rope	
Listening to Music		Listening to Music	
Making Jewelry		Making Jewelry	
Making Models		Making Models	
Painting		Painting	
Dancing		Dancing	
Acting		Acting	
Playing an Instrument		Playing an Instrument	
Reading		Reading	
Biking		Biking	
Horseback Riding		Horseback Riding	
Roller Skating		Roller Skating	
Sewing		Sewing	
Water Skiing		Water Skiing	
Snow Skiing		Snow Skiing	
Swimming		Swimming	
Visiting Friends		Visiting Friends	
Talking on the Phone		Talking on the Phone	
Shopping		Shopping	
Watching TV		Watching TV	
Playing Video Games		Playing Video Games	
Playing Cards		Playing Cards	
Playing Board Games		Playing Board Games	
Collecting		Collecting	
Baseball		Baseball	
Basketball		Basketball	
Football		Football	
Softball		Softball	
Hockey		Hockey	
Soccer		Soccer	
Volleyball		Volleyball	

## Goal Setting Worksheet

### High School Students

Here is a worksheet to help both of you find ways to set goals and identify steps toward reaching those goals. Use the blank spaces to help each other brainstorm ways to achieve your individual goals.

Experiences I Might Want in My Life	What I Might Need to Know About	Ways I Could Find Out about These Things	What Else I Might Need to Make It Happen
To go to trade school, college, or university	<ul style="list-style-type: none"> <li>▪ What I like to do</li> <li>▪ What I'm good at</li> <li>▪ What kinds of schools are available and their costs</li> <li>▪ How to complete admission and loan applications</li> </ul>	<ul style="list-style-type: none"> <li>▪ Ask people with interesting jobs to let me "shadow" them for a day</li> <li>▪ Join clubs to find out what interests me</li> <li>▪ Get help from a librarian or career counselor to find out about schools</li> </ul>	<ul style="list-style-type: none"> <li>▪ A quiet place to study</li> <li>▪ Someone to take me on a college tour</li> </ul>
To be a professional athlete	<ul style="list-style-type: none"> <li>▪ What skills I need to play a particular sport</li> <li>▪ What the sport's rules are</li> <li>▪ How to stay motivated</li> <li>▪ How to manage the money I make</li> <li>▪ How the muscles of my body work</li> </ul>	<ul style="list-style-type: none"> <li>▪ Take physical education classes and join sports team</li> <li>▪ Talk with coaches</li> <li>▪ Read autobiographies of great sports figures</li> <li>▪ Study math and accounting to learn about money management</li> </ul>	<ul style="list-style-type: none"> <li>▪ Some way to get to and from practice</li> </ul>

#### SETTING AND REACHING GOALS

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## Web Worksheet

The web worksheet can be used a number of different ways (add more circles as needed):

- Place a goal you want to accomplish in the center of the “web”. Fill in all the connecting circles with the steps to accomplish the goal.
- Place a career interest in the center and brainstorm all the related occupations in the other circles.
- Place an idea for a story, research paper or project in the center and fill the circles with information to complete the project.

